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U. S. DEPARTMENT OF AGRICULTURE
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WASHINGTON D. C.

RELEASE FOR PUBLICATIONS
APRIL 6, 1932 (WEDNESDAY)

THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

- - -

FAMILY FOOD GUIDE

:	:		
:	Every meal -- Milk for children, bread for all	:	
:	:	:	
:	Every day --	Two to four times a week --	:
:	Cereal in porridge or pudding	Tomatoes for all	:
:	Potatoes	Dried beans, and peas, or peanuts	:
:	Tomatoes (or oranges) for children	Eggs (especially for children)	:
:	A green or yellow vegetable	Lean meat, fish, or poultry, and	:
:	A fruit or additional vegetable	cheese	:
:	Milk for all		:

BREAD AND CEREALS ARE BASE FOR CHEAPEST BALANCED DIET

"Some like it hot, some like it cold, some like it in the pot nine days old." Mother Goose was talking about pease porridge, but the rhyme may go for oatmeal porridge this time, if not taken too literally. The point is that however you take your cereals, whether as porridge, oatmeal gruel, hominy grits, or cornmeal mush, or whether as bread, muffins, or toast, add milk and you have the basis of a low-cost balanced diet. To keep your food costs down to the lowest limit, build your diet on this basis, says the Bureau of Home Economics of the U. S. Department of Agriculture. The other necessary kinds of food--vegetables, fruits, meats--can be used in smaller quantity if you start with plenty of the grain foods and milk.



The low-cost diet begins with bread and cereals because these are cheap forms of energy-giving or fuel foods (which are necessary to keep the body warm and give it power to work) and because they also contain body-building substances. These values come chiefly from the starch and protein contained in the grains and grain products. Whole wheat, brown rice and whole-ground cornmeal contain some minerals and vitamins besides, because they contain parts of the grain usually lost in milling, and it is these parts, chiefly, which contain the minerals and vitamins.

In all but the most exceptional circumstances, and almost everywhere, the grain crops furnish the cheapest energy-giving food, and bread or bread stuffs are the largest single item in the low-cost food supply. For all their importance, however, neither the "staff of life" nor any other grain product will by itself sustain you. And although milk--which is also cheap because it furnishes several other kinds of food in one--is the best single supplement to the grain foods, even this combination must not be considered complete, for it lacks certain vitamins and minerals which only vegetables and fruits can be depended upon to supply.

People who live on a diet too largely composed of grain foods have the so-called "deficiency" diseases--like pellagra in this country, in sections where they eat little else except corn bread, fat meat, and molasses; and like beriberi in oriental countries where polished rice is the principal food. The addition of milk or eggs or lean meat or fish, or tomatoes will prevent pellagra; and brown rice substituted for polished rice, will prevent beriberi. This is true because these foods supply the particular substances needed to prevent these diseases. But a balanced diet requires also vegetables or fruits.

The housewife has her difficulties in meal planning, of course, when she must depend so largely on bread and cereals. How shall the mother of a family of five serve 30 pounds of breadstuffs and cereals in a week, in a sufficient variety of ways to make the meals appetizing? It taxes the imagination, perhaps, but here are some suggestions:

Whole wheat, rice, bread crumbs or noodles are among the important "makings" of soups or chowders-- there is a whole wheat chowder which is very nutritious and very good. Then there are combinations of beef and whole wheat; scalloped liver and whole wheat; liver and rice; whole wheat, fish and tomato; whole wheat and pork; brown rice, plain, or served with tomatoes, or with cheese, or with both; Spanish or Mexican rice, or a pilau of rice or whole wheat; green peppers stuffed with rice; macaroni or spaghetti with chopped cooked ham, with cheese, or with tomatoes and cheese; noodles or dumplings with meat-- any of these makes a substantial main dish for dinner. Whole wheat, rice, noodles, macaroni, or spaghetti are all good "meat extenders"-- that is, they help out if you haven't enough meat for a whole meal, and they are useful with left-overs.

For lunch or supper, fried mush or oatmeal cookies fill a useful place, and for dessert at either meal there are such possibilities as suet pudding, bread pudding (eggs are cheap now), and apple dumpling or other fruit dumpling when fruit is cheap-- as apples are.

Then, of course, there are the breakfast cereals, and the breads for every meal. Home made biscuits, wheat cakes, and muffins will consume a considerable portion of the week's allowance of wheat flour; corn cakes, corn pone, corn dodgers, spoon bread, Indian pudding and brown bread are made from corn meal. And now when eggs are cheap, French toast is another possibility.

The grain foods are cheapest, of course, when bought in bulk rather than in package. Whole grain wheat, and also cracked or ground wheat can be bought at feed

stores. Whole grain wheat should be sorted and washed carefully, and soaked overnight ($1\frac{1}{2}$ cups of water to each cup of wheat) before cooking. It can be cooked over direct heat or in a double boiler.

The Bureau of Home Economics will furnish, on request, a number of whole wheat recipes, and other low-cost recipes for using the cereal foods in appetizing combinations.

WEEKLY LOW COST FOOD SUPPLY FOR A FAMILY OF FIVE, INCLUDING
two adults and three children

Bread	12 - 16 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Canned evaporated milk	23 - 28 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc. .	$2\frac{1}{2}$ "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

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MENU FOR ONE DAY

Breakfast

Oatmeal - Toast
Coffee (adults) - Milk (children)

Dinner

Whole wheat and beef
Spring Greens
Toast - Butter
Canned Pineapple
Milk for all

Supper

Split Pea Soup
Fried or Glazed Sweetpotatoes
Mixed Relish
Bread - Butter
Milk for children

* * * * *



RECIPES

Whole Wheat Chowder

2 cups diced carrots	1 pint milk
1 pint boiling water	2 cups cooked whole wheat
$\frac{1}{2}$ cup diced salt pork	1 teaspoon salt
4 tablespoons chopped onion	Pepper
1 tablespoon flour	1 tablespoon chopped parsley

Cook the carrots in the boiling water until tender. Fry the salt pork until crisp, remove it from the fat, and cook the onions in the fat. Stir in the flour and cook a few minutes longer. Mix all ingredients in the upper part of a double boiler, stir until well blended, and cook about 10 minutes.

Whole Wheat and Beef

2 tablespoons fat	3 cups water
4 tablespoons chopped onion	$\frac{1}{4}$ of a chili pepper
1 pound beef, diced	Salt
Flour	2 cups cooked whole wheat

Melt the fat and cook the onion for a few minutes, then add the meat which has been lightly rolled in flour. When the meat has browned somewhat add the water. Partly cover and simmer until the meat is tender. Stir in the chili pepper and the wheat, and add salt to taste.

Mexican Rice

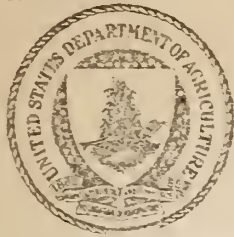
1 cup salt pork or bacon, diced	2 cups tomato
2 large onions, sliced	1 cup chili sauce
1 cup rice	2 cups hot water
$1\frac{1}{2}$ teaspoons salt	$\frac{1}{2}$ teaspoon chili powder

Cook the salt pork or bacon in a large frying pan until crisp. Remove from the fat; add the onion, brown it in the fat, and remove. Wash the rice and drain it thoroughly. Place it in the fat, stirring until it is a golden brown; then add the salt, tomato, chili sauce, and water. Cover and cook until the rice has absorbed all the liquid and is tender, adding a little more water if necessary. Season with the chili powder, add the salt pork or bacon, and serve hot.

Ham and Macaroni

Add chopped cooked ham to a thin white sauce, mix with cooked macaroni, season to taste, and serve hot.

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U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



WASHINGTON D. C.

RELEASE FOR PUBLICATION
APRIL 13, 1932 (WEDNESDAY)

THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE

:	:
:	:
:	Every meal -- Milk for children, bread for all
:	:
:	:
:	Every day --
:	Cereal in porridge or pudding :
:	Potatoes :
:	Tomatoes (or oranges) for children :
:	A green or yellow vegetable :
:	A fruit or additional vegetable :
:	Milk for all
:	:
:	:
:	:
:	Two to four times a week --
:	Tomatoes for all
:	Dried beans, and peas, or peanuts :
:	Eggs (especially for children) :
:	Lean meat, fish, or poultry, and :
:	cheese
:	:
:	:
:	:

BACKYARD GARDENS IMPROVE LOW-COST DIET

This spring and summer, if predictions come true, there will be more gardens in backyards and city lots than in any year since the World War. By a vegetable garden, however small, the family hard hit by unemployment can often eke out the necessary food supply. Many localities have planted "Subsistence gardens," planned to provide jobs for men out of work, as well as food for their families. Thousands of acres of idle land, it is said, lie in vacant lots within the boundaries of our large cities. In smaller cities and towns there are more backyards and probably better soil than in large cities. Owners and tenants have been planting many of those spaces to grow food they can not afford to buy, and for the same reason community gardens are developing in many cities.

It is easy to see, says the Bureau of Home Economics of the U. S. Department of Agriculture, that by raising some vegetables people can provide a part of their food supply which they may not have the money to buy. In one group of well-cultivated community gardens some years ago, the average return from a tenth of an acre of land was about \$50 worth of vegetables, on the basis of present prices. This represented 100 hours of work--4 hours per week--which was all the time that the garden needed throughout the season.

There is another advantage in having a backyard garden. When the housewife must buy everything for the table, in a home where funds are short, there is often a serious lack of minerals and vitamins in the family diet. This is true because vegetables and fruits, which are rich in minerals and vitamins, are among the more expensive kinds of food. The backyard garden will provide, at very little cost, the foods--the vegetables, at least--which not only improve the flavor and variety of the daily meals, but also furnish the minerals and vitamins necessary for a balanced diet.

The garden also makes possible much more attractive meals. Fresh peas, snap beans, greens, young carrots, young beets, spring onions, tomatoes, okra, lettuce, radishes, and possibly sweet corn--these, "out of our own garden," would be luxuries to most city families at any time. Measuring by the low-cost weekly food supply suggested by the bureau for a family of five, garden vegetables, with plenty of milk, will partly take the place of some of the other foods suggested. The quantity of bread and cereals, especially, can be reduced where vegetables are plentiful.

Looking ahead a few weeks to the time when the garden is producing, the weekly market list, for a family with an average backyard vegetable garden, would be about as follows:

WEEKLY LOW COST FOOD SUPPLY FOR A FAMILY OF FIVE
including father, mother, and three children

	With a garden
Bread	9 - 13 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Canned evaporated milk	23 - 28 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Other vegetables (including some of green or yellow color)	24 - 30 "
Fruits, fresh and dried	5 - 6 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc.	2 $\frac{1}{2}$ "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

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In other words, with a garden, the "other vegetables" above double in quantity and include besides the underground vegetables and canned or dried vegetables as many fresh garden luxuries as the backyard can produce. Thus the garden affords a diet otherwise out of reach in cost, much more varied and interesting, yet less expensive probably than the usual low-cost diet, even considering the seed and the work of gardening.

The menus possible with a garden give more convincing evidence of the advantages of growing some of the family food. With potatoes still a dinner standby (nothing quite takes the place of potatoes), the garden can furnish fresh green peas, young lettuce, and crisp radishes instead of only the roots or stored foods that are depended upon in winter. For supper the garden will furnish spring onions, and rhubarb for a pie. This week's menu is made from the weekly food supply made possible by a garden.

1. The first part of the paper discusses the importance of maintaining accurate records of all transactions. It emphasizes that proper record-keeping is essential for the success of any business or organization. The author provides several examples of how poor record-keeping can lead to financial losses and legal complications.

2. The second part of the paper focuses on the various methods used to collect and analyze data. The author compares different statistical techniques and discusses their strengths and weaknesses. It is noted that the choice of method depends on the nature of the data and the specific research objectives.

3. The third part of the paper deals with the interpretation of results. The author stresses the need for a clear and logical approach to interpreting data, and warns against drawing conclusions based on incomplete or biased information. Several case studies are provided to illustrate common pitfalls in data interpretation.

4. The final part of the paper offers practical advice for implementing effective record-keeping and data analysis systems. The author suggests that organizations should invest in training and technology to ensure that their systems are up-to-date and efficient. It is also recommended that regular audits be conducted to verify the accuracy of the records.

- 4 -

LOW-COST MENU, POSSIBLE WITH A HOME GARDEN

Breakfast

Cooked Cereal - Toast
Coffee (adults) - Milk (children)

Dinner

Braised Liver
Mashed Potatoes and Gravy
Savory Cooked Lettuce - Radishes
Bread and Butter
Milk for children

Supper

Spring Onions on Toast with Cream Sauce
Toast and Butter
Rhubarb Pie
Milk for all

RECIPES

Savory Cooked Lettuce

6 slices bacon
3 quarts shredded lettuce
2 tablespoons vinegar

Salt
Onion juice

Cook the bacon in a heavy skillet until brown and crisp, and remove it from the fat. Add the shredded lettuce to the hot fat and stir until it wilts. Add the vinegar and bacon broken in small pieces, salt if needed, and onion juice if desired. Serve at once.

Panned Kale

Strip the kale from the midribs, and discard them and the stringy portions. Wash the kale thoroughly in several waters, drain, and cut it into small pieces. For each quart of kale allow 2 tablespoons of butter or other fat. Melt the fat in a skillet, add the kale, cover to keep in the steam, and cook slowly for 15 to 20 minutes. Sift a teaspoon of flour over the kale, mix well, pour in one-half cup of milk, and stir until thickened. Season with salt and pepper and serve at once.

Rhubarb Pie

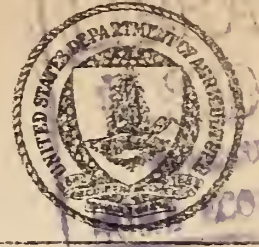
4 cups raw, sliced unskinned rhubarb
1 tablespoon water
2 tablespoons cornstarch
1 cup sugar

1/8 teaspoon salt
2 tablespoons butter
Pastry

Simmer the rhubarb and water for a few minutes and drain. When the juice has cooled add the cornstarch, which has been mixed with the sugar and salt, and cook until thickened. Add the rhubarb and butter and mix thoroughly. Pour the fruit mixture into a baked pastry shell, add the top sheet of dough and bake in a moderately hot oven (375° to 400°F.) for 25 to 30 minutes, or until golden brown.



U. S. DEPARTMENT OF AGRICULTURE
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WASHINGTON, D. C

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THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal --	Milk for children, bread for all
Every day --	Two to four times a week --
Cereal in porridge or pudding	Tomatoes for all
Potatoes	Dried beans and <u>peas</u> or peanuts
Tomatoes (or oranges) for children	Eggs (especially for children)
A green or yellow vegetable	Lean meat, fish, or poultry, or
A fruit or additional vegetable	cheese
Milk for all	

ECONOMY DIET NEEDS PLENTY OF MILK

The most economical diet that can be devised, says the Bureau of Home Economics of the U. S. Department of Agriculture, is built around milk and grain foods. Milk, along with a combination of whole-grain and refined grain products, furnishes the cheapest sources of energy, of building materials, and of certain health-protecting substances. This foundation, reinforced with potatoes or tomatoes, for example, citrus fruits or some other sure source of vitamin C, makes it possible to get along, if necessary, with less of some other foods that one might like.

Milk furnishes more kinds of nutrients than any other one food. Therefore, anybody who does not have a variety of other foods should have plenty of milk. For people who are overweight and should watch their calories, milk is especially important. Low in calories in any case, the calories can be further

1914

decreased by using skim milk and buttermilk. And people who do not like to drink milk can take it in other dairy products, cooked or served with cereals and in soups, and cooked or served with vegetables, or in puddings.

Milk is rich in protein, in minerals (calcium and phosphorus especially) and in vitamins. Because of this many-sided food value, it is one of the cheapest foods. To most people milk means fresh whole milk, but evaporated milk is whole milk concentrated to half its original bulk, and may be cheaper than fresh milk. It can be used instead of fresh milk, especially in cooking, and since it can be kept indefinitely if the can is unopened, it is a convenient and economical substitute where milk can not be had. A "tall can" of evaporated milk when diluted with an equal quantity of water is equivalent in food value to a quart of fresh pasteurized milk.

Dried milk, or milk powder, is made from whole milk, from skim milk, or from partially skimmed milk. It is sold at retail under several trade names. Dried skim milk is the cheapest form, and when obtained at less than 15 cents a pound provides fluid skim milk at 3 cents a quart or less. Relief workers have used it to great advantage in various communities, buying it by the barrel, or in 50-pound sacks, at 6 to 10 cents a pound. Sometimes the powder can be bought from bakers or ice cream makers. Or a homemakers' club, or some other organized group in the community, may find it well worth while to invest in dried skim milk in wholesale quantities. (Recipes for using dried skim milk will be furnished by the Bureau of Home Economics on request).

Milk increases, of course, the food value of foods with which it is cooked. Corn meal mush, oatmeal, cracked whole wheat, brown rice, hominy or hominy grits--all these are much improved both in food value and in flavor by cooking with milk, and for this purpose evaporated or dried skim milk can be used instead of fresh. The same is true of vegetables and puddings, and because



the milk is sure to be served with the vegetables, the maximum mineral and vitamin value of both milk and vegetables are retained. Potatoes scalloped in milk, kale panned with milk, cabbage cooked in milk, onions or summer squash served with milk have a delicate flavor and a high food value whether the milk is fresh, evaporated, or dried.

This week's menu includes dishes cooked with milk, and other dishes are suggested in the recipes that follow:

WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

Bread	12 - 16 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Canned evaporated milk	23 - 28 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc.	2½ "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

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LOW-COST MENU FOR ONE DAY
Breakfast

Orange Sections, Slices, or Juice
Cereal cooked in milk
Toast
Coffee (adults) - Milk (children)

Dinner

Sausage Cakes - Fried Apples
Scalloped Potatoes
Cornbread
Milk for children

Supper

Cream of Vegetable Soup -
Crackers
French Toast - Sirup
Milk for children

* * * * *

RECIPES

Cream of Vegetable Soup

1/2 cup finely chopped turnip	4 tablespoons fat
1/2 cup finely chopped carrots	1-1/2 tablespoons flour
1/4 cup finely chopped onion	3 pints milk
1/4 cup finely chopped celery or celery tops	1 teaspoon salt

Cook the finely chopped vegetables in the fat for 10 minutes with constant stirring, add the flour, and continue to stir until well blended. In the meantime heat the milk (fresh or reconstituted) in a double boiler, add a little of it to the vegetable mixture, stir well, combine with the rest of the milk, add the salt, and cook for 10 minutes. The flavor is improved if the soup is allowed to stand for a short time to blend before serving. Reheat and serve.

This soup can be made either with fresh or evaporated milk, or dried skim milk powder. Of skim milk powder use 1-1/2 cups with 3 pints of water.

Creamed Salmon

4 tablespoons butter or other fat	3 cups milk
5 tablespoons flour	1 pound can salmon
1/2 teaspoon salt	Toast
	Chopped parsley

Prepare a white sauce of the fat, flour, salt, and milk. Flake the salmon and add to the white sauce. Cook in a double boiler until hot. Serve on toast with the chopped parsley over the salmon.

Creamed Cabbage

3 cups milk	4 tablespoons flour
1-1/2 quarts finely shredded or chopped cabbage, packed	4 tablespoons melted butter or other fat
	1 teaspoon salt

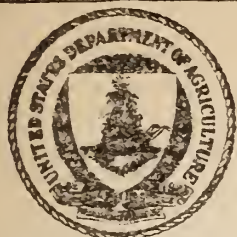
Heat the milk and cook the cabbage in it for five minutes. Add the blended flour and butter or other fat and the salt. Cook for about five minutes longer and stir constantly. The cabbage retains its delicate flavor and color.

Chocolate Cornstarch Pudding

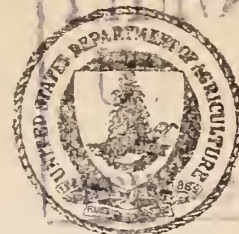
6 tablespoons cornstarch	1/2 cup sugar
4 tablespoons cocoa (or 1 square unsweetened chocolate melted in the milk when heated)	1/4 teaspoon salt
	1 quart milk
	1 teaspoon vanilla

Mix the cornstarch, cocoa, sugar, and salt thoroughly. Pour the milk which has been heated in a double boiler into this mixture. Return to the double boiler, stir until thickened, cover, and cook for 20 minutes. Remove from the fire, beat well, and add the vanilla. Pour into a wet mold; chill, and serve plain or with custard sauce.

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U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION
April 27, 1932 (WEDNESDAY)

THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all.

Every day --

Two to four times a week --

Cereal in porridge or pudding

Tomatoes for all

Potatoes

Dried beans and peas or peanuts

Tomatoes (or oranges) for children :

Eggs (especially for children)

A green or yellow vegetable :

Lean meat, fish, or poultry, or

A fruit or additional vegetable :

cheese

Milk for all

CHILD HEALTH DEPENDS ON PROPER FOOD

"That each child may have the essential food elements in each day's diet in 1932". This is one of the five principal items in the general purpose of May Day as proclaimed by the President and in accordance with the Children's Charter proclaimed by the White House Conference on Child Health and Protection.

The responsibility for the children's food, the Bureau of Home Economics emphasizes, falls upon the community as well as upon the parents. Wherever there is a shortage of food for children, the community is responsible for providing each child, not merely with food enough, but with "the essential food elements". Lack of food, or a wrong diet, is more damaging to the child than to the adult because the child is growing and his food, while serving his present needs, must also build for the future.

Milk, of course, is the most important item in the diet of the child. But

instead of merely the milk and gruels which in many families used to be the young child's diet, a variety of foods is recommended nowadays, even for the baby. Milk, cereals, tomato or orange juice, other vegetables and fruits, eggs, and some meat-- begin early, nutritionists say, to give him all these things, making sure, of course, that they are suitably prepared. Give them to him at first as fruit juices, or finely chopped or mashed vegetables, or scraped meat. Little by little, let him have coarser and more solid food until, by the age of 2 he is having the same kind of food as the rest of the family, though in different proportions.

Give the child plenty of milk. Nutritionists have watched the growth of different groups of children who were all on the same diet except that some had more milk than others, or some had milk while others had not. In every case the children who had most milk outgrew the others in weight and height. If the child does not drink enough ^{milk,} give it to him cooked with his mush or oatmeal, with his vegetables or other food.

Milk and cod-liver oil or outdoor sunshine are particularly important to children as protection against rickets, a disease of the bones, or rather a failure of the bones to develop properly. Rickets, resulting in stunted growth, or crooked legs, misshapen chest, or other deformities, is one of the sure signs of undernourishment. It is the result of a lack of calcium and phosphorus for bone-building (furnished in the milk) and of vitamin D (furnished in cod-liver oil and produced by outdoor sunshine), which helps the child's body to use the calcium contained in his food.

Especially for children in needy families, nutritionists urge that somehow cod-liver oil be provided -- at least two teaspoonfuls a day for every child under two years old, and some for older children, too, if possible. It will cost, for each child, about 15 to 25 cents a week.

For children, then, nutritionists emphasize first of all, the "protective foods". That is to say, in families on short rations, the first things to pro-

vide are such protective foods as the children's milk, cod-liver oil, some sure source of vitamin C, such as tomatoes or tomato juice or orange juice, or cabbage (to be eaten raw), and some good source of iron -- green-colored vegetables and egg yolk are the best. Then come the energy foods, including bread and cereals, fats, and sugars. Of the body-building foods other than milk and dairy products, the most important for children are green vegetables, eggs and liver, with some lean meat and fish.

This week's menu suggests three family meals which can be served alike to all the family who are above the age of two. (That means less work for mother than if she had to prepare special food for the children, and the bureau considers it also a better plan for the children).

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

Bread	12 - 16 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Canned evaporated milk	23 - 28 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc. . . .	2½ "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

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LOW-COST MENU FOR ONE DAY

Breakfast

Hot Cereal - Toast
Coffee (adults) - Milk (children)

Dinner

Steak Smothered with Onions and Gravy
Mashed Potatoes - Hot Biscuits
Grapefruit, or canned fruit, or
Stewed Dried Apricots
Tea (adults) - Milk (children)

Supper

Bean Stew
Cabbage Salad and Bread and Butter (adults)
Chopped Cabbage Sandwiches
(children)
Milk for all.

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RECIPES

Bean Stew

2 cups dried beans
Water
1/4 pound salt pork
Pepper

Salt to taste (depending on
saltiness of pork)
Chopped onion, colery, or green
pepper, if desired

Soak the beans overnight in cold water to cover. In the morning add 3 cups of water, the salt pork, and seasonings. Let simmer for an hour or until the beans are tender.

If more water is needed it should be hot when added. The beans may be cooked without previous soaking but twice as long will be required. If cooked in a covered vessel, slightly less time is required and the stew will have a stronger bean flavor.

Steak Smothered with Onions and Gravy

1/4 cup flour
3/4 teaspoon salt
Pepper
1-1/2 pounds lean beef about
1 inch thick

2 tablespoons melted suet
2 or more cups sliced onions
3 cups hot water

Sift the flour, salt, and pepper and beat thoroughly into the steak with a meat pounder. The beating makes the meat more tender, and the flour absorbs the juice. Sear the meat in the hot fat in a heavy skillet, on both sides, add the onions and water. Place a lid on the cooking utensil and simmer about 1 hour or until the meat is so tender it can be cut with a fork. If the gravy becomes too thick add ^{more} liquid from time to time. There should be plenty of rich gravy.

Chopped Cabbage Sandwiches

Chop the cabbage fine, mix with a little creamed butter, and use as a spread between slices of bread. Small square sandwiches (and ordinary sandwich quartered) are most easily handled by young children.

Creamy Rice with Apricots

1/2 cup rice
1 cup boiling water
1-1/2 cups milk
1/2 teaspoon salt

1/2 cup sugar
2 cups chopped fresh fruit or
dried fruit soaked and cooked

Cook the rice over direct heat in the cup of boiling water. When the water has been almost absorbed put the rice in a double boiler, add the milk, salt, and sugar. Cover and cook until the rice is tender. Mix the rice and fruit and when chilled serve with top milk.

